



WELLSPRING

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Wellspring Community Outreach

Monday, April 27, 2026

Brothers and Sisters,

Yesterday was Good Shepherd Sunday. If you had been to mass, you would have heard some reflections on Jesus as the good and caring shepherd who knows us, loves us, leads us, and lays down his life for us. Let us continue our reflections on this good shepherd whose unfailing vigilance and self-sacrificing love keep us safe, secure, and unafraid even in our dark and frightening moments.

One of the many qualities of the shepherds of Israel is the discipline with which the shepherds live and care for the sheep. Finding green pasture was tough. Fresh clean water was even more difficult. The three main sources of fresh water were running streams, deep wells, and early morning dew. Running streams were often dry. Deep wells were hard to get to and drawing water from them and keeping the sheep together were even harder. The diligent shepherd disciplined himself to get up early in the morning and lead the sheep to graze on fresh green grass drenched in early morning dew. He lost his early morning rest but blessed the sheep with fresh green grass and fresh clean water.

The shepherds were caring enough and wise enough to discipline themselves to get up early in the morning and provide food and drink for the sheep. Wouldn't such a discipline be a blessing for our physical, psychological, and spiritual wellbeing? How about a few "Be Still Moments" every day before getting to work or late in the evening after the day's work is done? How about disciplining ourselves to set aside a few moments to be still or to meditate or to pray or to read the bible or to read a good spiritual book or just to calm our nerves?

The shepherds had a hard time taking the sheep to the streams or to the deep well for water. The thirsty sheep would drink from the potholes and get sick. Just think of what "drinking from the potholes" means for our journey – perhaps the type of material we read, the music we listen to, negative conversation, pessimistic outlook, the company we keep, the programs we watch, etc.

The shepherds discipline themselves to be attentive, vigilant, and self-sacrificing to keep the sheep from drinking from the potholes and keep them safe, secure, and unafraid. How about nurturing watchfulness as part of our way of living and acting. Developing a healthy and wholesome spirituality is a lot like losing weight. It takes years to get into the shape we want. Putting on unwanted weight seems to happen overnight - one slice of cheesecake could take 10 workouts down the drain!!! So, we must be watchful. We must observe what we are taking into our body and how our body is reacting. Discernment, carefulness, discipline... watchfulness is critical to becoming and remaining healthy physically. And so it is with spirituality. We must be watchful of what we are taking into our mind and our spirit. It is easy to drink from the potholes. But it takes discipline to eat and drink good and healthy and wholesome food to nourish our body, mind, and spirit.

Be watchful.... Be healthy.... Be safe.... And Be well!

**Be sure to take a few still moments during the week.
Bless yourself with stillness!**

Be Still Moment - Allow yourself to be still for a moment

Be watchful of places and people and situations that blessed you, affirmed you, enriched you, encouraged you and empowered you and be grateful. And be watchful of the places and people and situations that have not been healthy and are still not healthy and be cautious!

Salesian Moment – A moment with St. Francis de Sales

I would rather account to God for too great gentleness than for too great severity. Is not God all love? God the Father is the Father of mercy; God the Son is a Lamb; God the Holy Spirit is a Dove - that is, gentleness itself.

How precious Holy Communion is.....

In the early 1970s, during the Vietnam War, Francis Xavier Nguyen Van Thuan was the Archbishop of Saigon. The Communists saw him as a threat. On the Feast of the Assumption (1975), he was arrested and shipped off to a prison in North Vietnam. He stayed there for thirteen years, nine of them in solitary confinement. During his imprisonment, he couldn't celebrate Mass or receive the Eucharist. However, the Archbishop was allowed one luxury: to write letters to friends outside prison. When he did, he often asked them to send him what he called "his medicine." They knew what he meant. They sent him cough medicine bottles filled with wine and small bits of bread. Sympathetic guards smuggled him some wood and wire, and from that he made a small cross, which he hid in a bar of soap. He kept all this in a cardboard box. That box became his own private altar. Every day, at 3:00 p.m. - the hour of Christ's death -

he would place drops of wine in the palm of his hand, mingled with water, to celebrate Mass. The greatest ongoing miracle in history was able to take place. That cramped prison cell became as beautiful and as blessed as any cathedral... a sanctuary for the glory of God. He did this for thirteen years... till he was finally freed in 1988. This is a man who understood how precious Holy Communion is.

Every Pastor needs a vacation....



It has been said that every pastor ought to have at least six weeks of vacation each year.....

Because if he is a really good shepherd, he deserves it; and if he is not a very good shepherd, his congregation deserves it.

Did you Know?

What Are the Different Catholic Rites?

While the Roman Catholic Church is the largest rite in the Catholic Church, it's not the only rite. Around the world, there are twenty-four different Catholic rites that are in communion with the Holy Father. The Roman Catholic Rite, which most of us are familiar with, is dominant in the West, while the other rites are Eastern rites, although many have migrated and established Eastern Rite churches in the West. For example, The Armenian Rite, The Byzantine Rite and The Syro Malabar Rite are part of our Catholic Church with their own unique traditions and rituals.

According to the 1990 Code of Canons of the Eastern Churches, within the Holy Catholic Church, there are different churches that have their own traditions, laws, and governance but are still under the ultimate authority of the Holy Father. We have such diversity within the Holy Catholic Church for many reasons.

There are at least two clear and beautiful reasons: First, considering this diversity from a divine perspective, "The mystery of Christ is so unfathomably rich that it cannot be exhausted by its expression in any single liturgical tradition." (CCC 1201) And second, from a more human perspective, the many lands into which the Gospel was brought and proclaimed naturally incorporated the mystery of Christ in ways particular to each of their cultures.

Pope Leo XIV.....

"We need this song of hope today. It is ourselves, risen with Christ, who must bring him into the streets of the world. Let us then run like Mary Madgalene, announcing him to everyone, living out the joy of the

resurrection, so that wherever the specter of death still lingers, the light of life may shine.” (Monday, April 20, 2026)

“The primacy of divine love implies that human action is carried out not for self-interest or reward, but as a manifestation of a love that transcends ritual norms and find expression in authentic worship. To serve one’s neighbor is to love God through deeds.” (Tuesday, April 21, 2026)

“The Good News that we are sent to proclaim to the world is not an abstract ideal; it is the Gospel of God's faithful love, which became flesh in the face and life of Jesus Christ. The mission of the disciples and the Church as a whole is to continue the mission of Christ in the Holy Spirit: a mission born of love, lived in love, and leading to love.” (Saturday, April 25, 2026)

Pray for each other.....

Let us stay close to each other in spirit and prayer as we continue our journey through life with all its joyful moments as well as moments not so joyful. Be faithful to your calling! All you do may not be successful in your eyes or in the eyes of others. The real success lies in your fidelity to who you are and what you have come to know as your calling. Just be faithful and be joyful!

God bless you and your families,

Fr. Gus Tharappel, msfs

**There is so much bad in the best of us
and so much good in the worst of us
that it ill becomes any of us
to find fault with the rest of us.**

(Francis Bacon)



The closer we are to the shepherd, the safer we are from the wolves.